**Concerned about Making New Friends**

Lots of young people become worried about making new friends. They talk about the challenges of moving to secondary school without existing friendship groups.

Tips:

* Smile and be approachable.
* Be yourself and you’ll make friends with people like yourself.
* You may find that some friendships grow whilst others split; this is a very normal part of growing up. Just because someone has a new friend, doesn’t mean they’ll forget about you.
* Make an effort to speak to people even if it takes you out of your comfort zone.
* Don’t rush this: the most genuine friends come gradually as you get to know each other, not by trying to be instantly popular.
* You will be seated with different people in different subjects and you will have to work together. This is a good opportunity to get to know your classmates and form new friendships.
* Join a club or after school activity to meet new likeminded people.

